



The **RSVP** Reporter

December, 2014

Lou. Metro Office for Aging & Disabled Citizens (OADC)

Department of Community Services

810 Barret Avenue, 3rd Floor, Louisville, KY 40204

www.louisvilleky.gov

(502)574-1530, FAX 574-5548

Who are the Louisville Metro RSVP members? How many average hours per month? And more!

RSVP has filed its annual Progress Report Supplement (PRS) covering the period of July 1, 2013 through June 30, 2014. It is a detailed snapshot of who we are and *partial* snapshots of how much and who we served.

YOUR RSVP program stats are as follows:

- 566 volunteers engaged: 425 females, 141 males
- 4 w/Asian heritage, 124 African Americans, 1 Pacific Islander, 427 Caucasians
- 55-59 yrs. = 9 volunteers
- 60-69 = 144 volunteers
- 70-79 = 213 volunteers
- 80-84 = 97 volunteers
- 85 and over = 103 volunteers
- 453 volunteers averaged 4 hours or less a week
- 91 volunteers averaged 5-10 hours per week,
- 19 volunteers averaged 11-19 hrs per week
- 3 volunteers averaged 19-20 hrs. per week



And the 566 RSVP volunteers helped how?

- RSVP partners with 23 faith-based stations
- RSVP Volunteers served 13 children of prisoners,
- One "Little" (Big Brothers/Big Sisters) mentored on a weekly basis
- Over 31,250 veterans were served
- 1164 immigrants/refugees were served
- 795 seniors are receiving independent living services from RSVP volunteers (mobile meals, escort services)

Again, this is just a *partial*, statistical snapshot and does not reflect ALL the sites nor the personal, heart-changing impact your services have on our community. We'll share more info next year.

Please encourage other seniors to join RSVP to help others in meaningful ways! The benefits are always two-fold – the client and the RSVP member! Call **574-1530** to get started!

2015 MLK Project



In honor of Dr. Martin Luther King, Jr., RSVP volunteers are cordially asked to participate in the OLD shoes' recycling drive on behalf of WaterStep, Inc.

Date: Friday, January 16th

Time: 10am- 1pm

**Place: Louisville Urban Government Center,
810 Barret Avenue.**

GOAL: 250 pairs of shoes

The shoes will be recycled toward funding the purchase and installation of sustainable, clean water pumps for areas in poverty or those hit by disasters.

We sincerely ask you to choose to participate in at least one of these ways:

- Need **4** volunteers to greet donors, place shoes in WaterStep box and hand out donation receipts
- Need **4** volunteers to help set up and serve the light luncheon discounted with donation receipt
- Need **up to 5** volunteers to lead in MLK reflections with short readings of his quotes, personal memories of MLK impact and/or 1-2 songs from 1-2PM
- Need **LOTS** of RSVP volunteers to "drive up and donate" at **810 Barret Avenue!**

Be a part of this fun activity as we recycle others' shoes ... and inspiring event as we reflect on Dr. King's efforts to ease the pain of those who suffer from poverty, bias, racism and oppression.

RSVP - MLK Memorial Chili & Dog Luncheon

Friday, January 16th 11:00 AM -1:00 PM

Menu:

\$4.00 Meal Deal (WITH shoes donation receipt)

\$6.00 without donation receipt

One each - Chili, Hot Dog, Chips, Cookie & Canned drink
(Individual item prices will also be available)

Other Desserts extra as marked \$.50 – 1.50

Thank you, Evelyn Reed!



Ms. Evelyn Reed is both an RSVP and Foster Grandparent Program (FGP) volunteer. She works 16-22 hours each week tutoring children at Coleridge Taylor Elementary and then 8-12 hours each week as a Dare to Care food bank helper at the St.

Augustine Church Center. That's so impressive - right? YEP, but I'm not through.

Well, "Ms. Evelyn" is also the star RSVP volunteer recruiter through September 30th! She has personally encouraged seven (7) new people to begin volunteering with RSVP in various positions. Recruiting others is multiplying Evelyn's impact over and over... like a dropped pebble (of caring!) creating ripples in our community. Please seek out and congratulate Ms. Evelyn at our next gathering in February, 2015!

AND IT'S A FAMILY AFFAIR....

Evelyn's mom, **Margaret Reed**, has also been a determined, dedicated RSVP volunteer for 22 years! And there is Evelyn's sister, **Elizabeth Caffey**, who also serves at the Dare to Care location! !

Town Crier "shout outs!"

Thank **you** for volunteering *and* please help your fellow volunteers stay motivated.



Dorothy Bandt

Martha Bertrand

Mary Rita Bisig

Vicki Carpenter

M. Ann Downs

Jerome Ennis

Sharon Fowler

Kathryn Gaines

L. G. Kelly

Barbara Kerr

Dennis LaFollette

Jim Lyons

Betty Moore

James & Mary Parker

Wayne Rudloff

Harold Temple

Betty Thompson

William Trowell

Carolyn Walker

D. Winningham

Please encourage your friends, family and neighbors to inquire about being an RSVP volunteer, too! **Our PH# 574-1530** ☺

Tax time coming... be smart, use VITA!

Improved financial savvy means different things to people with low incomes and/or who have disabilities.

Help from the Louisville Metro Community Services departments and partners range from offering the VITA programs to get Earned Income Credit Refunds, to tips on improving credit scores managing and liquid assets and SSI, to help with setting basic household budgets and banking habits.



If you'd like more information on financial education classes, call Caitlin Willenbrink at Bank On Louis-ville, (502) **574-19169** or email her at

Caitlin.willenbrink@louisvilleky.gov.

For more information on **VITA** – to be a helpful volunteer, training classes are forming NOW! Call the RSVP office at **574-7306** to get connected.

Reporting to our public!

Louisville Metro Community Services, the department in which RSVP serves, is proud to present our FY13-14 Annual Report, **"Transforming Community"**. Here is the link for the flipbook version

<http://www.flipsnack.com/cowens/annualreportfy13-14-final.html>.

This report tells this year's story of the department's reorganization from *"Community Services and Revitalization"* to *"Community Services."*

It also speaks to our agency's complicated funding streams that are dependent on available Louisville Metro "General Funds" and *more importantly*, the many federal grants that are the primary support vehicles for most of our programming.

The impact of RSVP volunteers is acknowledged on page nine. RSVP member, **Margaret Howell** is also shown with her RSVP prize package for participating in last year's volunteer survey drive.

There are many very dedicated women and men in our division who are sincerely interested in helping individual folks, local agencies and volunteers. We hope this report will give you a better understanding of the efforts made by your local government's "Community Services."

Release of 2014 State of Metropolitan Housing Report



On Thursday, December 4th, the Metropolitan Housing Coalition (MHC) released the most current information on local housing conditions in Metro Louisville and southern Indiana.

Why should we care?

"We all succeed or fail together" said Cathy Hinko, MHC's Executive Director. Simply, employees living securely within reasonable distances are absent less - enabling businesses to succeed. Also, studies show that children feeling secure in their housing do better in school. So, these report facts may truly affect our grown children, growing grand-children, etc.

This 2014 report re-examines five key policy areas: planning and zoning, transportation, utilities, environmental quality, and vacant properties. These are policy issues that intersect to impact the distribution of fair, affordable, and safe housing across our area. MHC often coordinates advocacy efforts to address policy issues that are detrimental to local, beneficial housing options.

The report is available as a free download at the MHC Web site: www.metropolitanhousing.org or you can request a printed copy by calling MHC. For more information on the MHC, call (502) 584-6858 or email info@metropolitanhousing.org

The State of Metropolitan Housing Report is made possible by the generous support of Louisville Metro Government, PNC Bank, Fifth Third Bank and the Gannett Foundation.



Mark your calendars NOW!
RSVP Annual Volunteer Recognition Event

Thursday, February 5, 2015
11:00 AM – 3:00 PM

Detailed invitations out Jan. 8, 2015

RSVP Holiday Closings

RSVP office is CLOSED: Dec. 25, 2014

and Jan. 1, 2015 for Legal Holidays.

Please call the **574-1530** line for RSVP assistance between December 22nd – January 2nd.

The Season of Giving! Don't be "GOTTEN!"

The Louisville Metro Police Crimes Against Seniors Unit gave out several stern warnings for financial and physical safety at the November 11th TRIAD meeting! It's the time of year when the bad guys AND gals look for the "kind" or distracted senior as their next (easy) victim of a theft or scam. ANY neighborhood is a potential crime scene if folks are not careful, smart and vigilant. Here are some "common sense" reminders:

- Shop with a friend(s)
- Do not overload your hands with packages whereas your purse just hangs on your shoulder
- Use zip-topped purses and buckle your purse onto the shopping cart like you would a child
- Don't leave your purse at the back of the cart while you're unloading items to the check-out belt in front
- Keep wrapped presents out of plain sight from windows until time for gathering and giving



- Always keep your home's front and back/patio doors locked!
- Don't leave your garage doors open where someone can wait or gain entry to your home...
especially if you're only out for a short walk.
- Use varying timers for room lighting – like you would for summer vacations
- If you don't really know the person at your door, DON'T open it! It's not rude. AND call "911" for police help if the stranger won't go away!

Enjoy your holidays. Be SAFE!

Volunteer Help is Needed! CALL RSVP at 574-1530!

Neighborhood House | Louisville, KY 40212 - Volunteers from Monday- Thursday, 3:45-5pm -assist youth (ages 6-18) with homework and academic activities. Check homework for completion. Provide support & encouragement to students -Teach study skills -Supplemental activities (flashcards, reading, puzzles, etc.)

Friends of Ostimates Worldwide | Louisville, KY 40218 – Volunteers on Mondays and Tuesdays, 9am-2pm – Assist with sorting donated, sterile medical supplies for shipping to poverty areas. Patients are in dire need of these emotionally stabilizing and life-changing equipment and supplies.

Mobile Meals Deliverers | All areas of Metro Louisville: Mondays-Fridays, 10:00am-12:30 noon Pick-up locations at local community centers, St. Mary hospital, Masonic Home and more to serve 6-15 homebound seniors. There are people WAITING to receive a nutritionally-balanced meal. Can you please help!?

Dare to Care | Volunteers are needed at neighborhood locations to help sort cans and other goods toward making packages for individuals and families.

VITA (Volunteer Income Tax Assistance) | Volunteers are needed to take training as pre-screeners /greeters to review of clients' documents for any missing, basic elements for filing. NO experience needed to help!!

Big Brothers/Big Sisters of Kentucky | Give the priceless, holiday gift of friendship to a lonely child! BB/BS will help you with activities, locations are more accessible and training is rewarding & fun. Let RSVP help you get started for a New Year of really making a difference in a youngster's life!

Metro After School Kid's Cafes | Volunteers are requested to help with tutoring and mentoring activities at many Parks' community Centers serving local children ages 6-18. Call the RSVP office for the one near you! The best way to keep kids out of trouble is to keep them occupied and show them you care. Call now!

THANK YOU Sock Donors!!

In August, RSVP sent out a plea with the goal to be able to offer at least ONE new pair of socks to each of the men and women attendees of the upcoming "Stand Down" for Homeless Veterans to be held October 8th.

We are THRILLED to report that (at last count) **2,250** pairs of men and women's socks were donated through RSVP to this event.

Over 450 homeless veterans attended and received a handful of pairs of socks each. They were also offered a NEW service of a soothing foot bath before donning their fresh socks. The surprised smiles and genuine "thank you's" of the clients were so heart-touching!

Way to go donors and volunteers! It was a successful new day and compassionate new way of connecting with the homeless veterans.



Feeding Fantasies on Food Channel!

First, it was "Chopped"- the competition where chefs had to make 3 dishes from baskets of crazy, mismatched ingredients all within insane time limits. Then, they upped my adrenaline with "Cut-Throat Kitchen" where chefs bid to sabotage each other with diabolical obstacles to cooking!

I made it through the 1,000's of "Cupcake Wars."

For my Karaoke soul, I found "Trisha Yearwood in the Kitchen" sharing her favorite comfort foods!

The "Halloween Pumpkin Challenge" had teams of obsessed pumpkin carvers and cranky candy-makers creating scary scenes, edible bonbons - putting me in a "witchy" mood (said my son!).

I pompously critiqued candidates for "The Next Food Channel Star" and I drool over grilled steaks, ribs and chili competitions on "I Beat Bobby Flay!"

It's become my TV addiction of caloric-tortures as program after program encourage me to indulge in mixing flavors, spices and *textures* (?) to come up with MY "Signature" dish...beyond baked beans!

I'm revved up and ready, but my husband has barred me from the kitchen! Wonder why?